

# For Your Health and Benefits

From the Arizona Department of Administration  
Human Resources/Benefits Office



August 2005

benefit  
options  
**wellness!**  
Be Well Stay Well.

## Beat the Heat with Summer Fitness

By Jeri Penrose, Communications Coordinator  
State Of Arizona Human Resources

When it's hot and humid outside, the last thing many people want to do during an Arizona summer is get active. But believe it or not, fitness can actually help to minimize the effects brought on by the heat.

Karie Miller, a human resources analyst with the Department of Administration, beats the heat by going to the gym five times a week. Some days she even rides her bike to and from. She likes to work out in the mornings.

"Even though I'm running inside on a treadmill, there are windows all around me and I can watch the sun come up. It's a cool thing," says Miller.

On a recent summer evening, Miller could be found running around an outdoor track in 110 degree heat. "I didn't even notice how hot it was," she says. "But that's probably because I was well hydrated."

Whether it's an air-conditioned gym or climbing the indoor stairwell at work, there are ways to fit in fitness and have fun even in the hot summer months.

### Venture Out or Stay Indoors?

It's really up to personal preference whether you choose to exercise outside or in, but this time of year, there are important things to remember when venturing out.



"If you're in good condition and you exercise throughout the rest of the year, it's OK to exercise outdoors as long as you do it in the early morning hours [or late evening] when it's not so hot, and you stay hydrated," says Will Humble, Department of Health Services (DHS) Bureau Chief for Disease Control.

Some indoor fitness ideas include going to the gym, following an exercise video in the comfort of home, using a treadmill, performing floor exercises such as sit-ups or push-ups at home, or even walking around your local indoor mall.

"A half hour of exercise a day is all you need," Humble says. "And that can be broken up into smaller increments, such as taking the stairs instead of the elevator."

Another good option whether indoors or out is swimming, which can be done in a backyard pool or at the gym. Swimming doesn't put pressure

on the joints as do other exercises such as running or walking.

"Just remember that you can get dehydrated even while swimming," Humble adds. "You don't feel it, but you are losing body water."

### Protect Yourself from Heat-Related Problems

With recent news of soaring heat-related deaths in the State, protection from the heat is on the minds of all Arizona residents.

"It's not just the heat itself—but how you behave in it that matters," Humble says.

The most common symptoms of heat-related illness include nausea, vomiting, headache, weakness, and even an altered mental state, such as being confused or disoriented. Body temperature can spike up to 105 degrees or more. Heat stroke is the term for a much more dangerous condition where the sweating mechanism shuts down and the body loses all hope of cooling itself. This condition can be deadly, but the earlier you seek medical help, the better.

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## Conflict Resolution Class Open in Phoenix



This free class is open to all State employees.

Conflict is an unavoidable part of life, but rather than trying to get around it, learn the best way of handling it.

This class helps you identify some effective techniques for minimizing the potentially negative impact of conflict on yourself and those around you.

Tuesday, August 9, 2005  
11:30am-12:30pm  
Dept. of Administration  
100 N. 15th Ave Room 204

To register, Call or email Wellness  
by August 5th:

602-771-well (9355)  
wellness@azdoa.gov

## Laughter is Good Medicine

This free class is open to all State employees.



This session takes a look at how laughter, humor and lightheartedness play a medicinal role in our overall well-being.

Thursday, August 18, 2005  
10:00am-11:00am  
Dept. of Education  
1535 W. Jefferson Room 417  
Phoenix

To register, email Dept. of Education Human Resources at [administrative.services@azed.gov](mailto:administrative.services@azed.gov) by August 16th.

## Free Mini-Health Screening at work!

Screening takes as little as 15 minutes and no appointment is necessary. Any State employee is welcome.

- ☐ Checks of blood pressure and percent of body fat
- ☐ Height/weight/frame size assessment
- ☐ Cholesterol and blood sugar check (blood draw) - eight-hour fasting period required
- ☐ Personal and confidential report mailed to your home.
- ☐ Women age 40 and over are eligible for a free osteoporosis screening.

**You do not need to call to register for Mini-Health screening.**

Women under 40 can also have an osteoporosis screening for a copay of \$35.00.

Men 40 and over can get a prostate cancer (PSA) screening exam by blood draw for a copay of \$5.00.

### Upcoming Locations

**Phoenix-** Thursday, August 11, 2005 8:00am-10:00am Dept. of Transportation 4550 N. Black Canyon HWY Conference Room

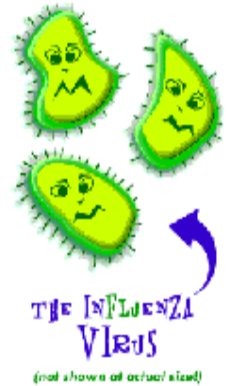
**Phoenix-** Thursday, August 18, 2005 Dept. of Transportation 206 S. 17th Ave Board Room

**Tucson-** Tuesday, August 30, 2005 8:00am-10:00am State Complex Tucson Room 131

Call us at 602.771.WELL if you would like to have this screening at your office!

## Flu Shots 2005

Free flu shots will be offered, in October and November, to all state employees at worksites across Arizona.



Retirees of the State are also eligible for a free flu shot when they visit a worksite event.

The Employee Wellness Program sponsors this program.

Influenza (commonly called "the flu") is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in illness ranging from mild to severe with potentially life-threatening complications.

An estimated 10% to 20% of U.S. residents get the flu each year; an average of 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu. The single best way to prevent the flu is to get vaccinated each fall.

The Wellness Program is currently identifying worksites where flu shots will be given.

The office is currently calling offices that were scheduled last year.

**If your office is interested and has not been called, or was not scheduled last year, please email [wellness@azdoa.gov](mailto:wellness@azdoa.gov). Please include your Agency name, City and address in your email.**

## Skin Cancer Screening

Skin cancer screening is free to State employees and includes:

- ▶ A site-specific assessment by a nurse practitioner or physician assistant from Banner Occupational Health.

Screening takes approximately 10 minutes and participants will not be required to fully disrobe.

- ▶ Assessment of risk for cancer, including personal and family medical histories, and lifestyle factors.
- ▶ Educational materials and counseling.

### Upcoming Locations

**Tucson-** Call 520-628-6590 for an appointment. Wednesday, August 17, 2005 9:00am-3:30pm 400 W. Congress Room 444

**Phoenix-** Email [fdowning@auditor.gen.state.az.us](mailto:fdowning@auditor.gen.state.az.us) for an appointment. **Thursday, August 18, 2005** 8:00am-2:30pm Auditor General 2910 N. 44th St. 3rd Floor Training Room

**Florence-** You must be a DOC employee to attend. Contact Wendy Medford at 520-868-4011x5054 for an appointment. **Tuesday, August 23, 2005** 9:00am-3:30pm ASPC Florence Main OHU, Old Personnel Building

**Phoenix-** Email [lsoto@azgaming.gov](mailto:lsoto@azgaming.gov) for an appointment. **Wednesday, August 24, 2005** Dept. of Gaming 202 E. Earll Conference Room

**Florence-** You must be a DOC employee to attend. Contact Rebecca Woodbury at 520-868-0201x2208 for an appointment. **Thursday, August 25, 2005** 9:00am-3:30pm ASPC Florence Eyman Complex Training Building Classroom #2

Skin cancer screening takes place every year from April through September.

If you would like screening at your office, please call 602.771.WELL or toll free at 1.800.304.3687, to discuss options.



### Get a Massage!

This program is open to State employees and their dependents. The cost is \$10 for a 15-minute massage or \$20 for a 30-minute massage.



The best part is that we come to you! Licensed massage therapists from National Stress Station will travel to worksites with at least 15 interested employees (and/or family members). Call National Stress Station at 480.990.1701 to discuss options for having this program at your worksite.

### Wellness at Work!

Wellness classes and screenings are available in worksites across Arizona. Call us at 602.771.well (9355) for more information!

You can access a full list of programs that can be hosted at your worksite at:

[www.benefitoptions.az.gov](http://www.benefitoptions.az.gov)

These services are available for State Employees in the **Tucson** area through the UA Life & Work Connections. Call 520-621-2493 for more information

## Weight Watchers®

Arizona Benefit Options offers the Weight Watchers at Work program to State employees at State worksites. The "At Work" program is presented as a 10-week series.



From July 1, 2005 through June 30, 2006, all non-University State employees are eligible to join Weight Watchers for \$59.00 for each 10-week series. The fee includes materials. University employees need to check with their University wellness office for current rates.

Spouses and dependents are welcome to attend Weight Watchers classes at a copay of \$90 per 10-week session plus a \$10 charge for materials due at the first session they attend.

If you are interested in attending a class, please call Weight Watchers to check for available classes. Weight Watchers will conduct a free introductory meeting at your worksite. Weight Watchers can be reached at 602.248.0303. Ask to speak to someone in the "At Work" department. Please identify yourself as a State of Arizona employee.

Published by: ADOA Human Resources Benefits Office

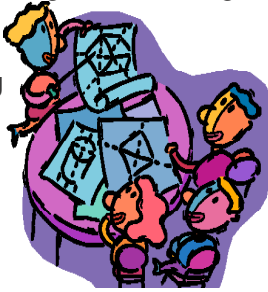
100 N. 15th Ave., Suite 103  
Phoenix, AZ 85007

[www.benefitoptions.az.gov](http://www.benefitoptions.az.gov)  
[wellness@azdoa.gov](mailto:wellness@azdoa.gov)

Persons with a disability may request reasonable accommodation by contacting the Benefits Office. If you need this issue in an alternative format, please call 602.542.5008.

## Attention Kingman!

The Wellness Program is teaming up with the Kingman ADOT training office to offer the following classes on **Thursday, August 18, 2005.**



Any State employee is welcome to attend these free classes. Email [JMcGehee@azdot.gov](mailto:JMcGehee@azdot.gov) to register for one or all of the following programs.

### 1:00pm-2:00pm HEADACHES: WHAT YOU SHOULD KNOW

Participants will better understand and manage headache pain by identifying factors that contribute to the onset. Participants will also develop personalized headache management plans to take home.

### 2:15pm-3:15pm ALLERGIES

Participants look at different treatment options, including how to avoid some key allergens and asthma triggers.

### 3:30pm-4:30pm HERBS & SUPPLEMENTS

There are a lot of new nutritional supplements on the market today. This class provides basic information regarding herbs and supplements and the role they play in good health.

Location:  
Dept. of Transportation  
Kingman District Training Office  
3660 E. Andy Devine  
Training Classroom, Building 3046  
Kingman, Arizona

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"In terms of drinking water, make sure you stay hydrated throughout your day. That way, you won't start your fitness routine already mildly dehydrated," Humble adds.

Also check out "*Tips for Exercising Smarter in the Heat*" on page four.

**How do you beat the heat with fitness? Let us know by sending us an email at [wellness@azdoa.gov](mailto:wellness@azdoa.gov). Entries will be put in a drawing for a wellness waterbottle!**

*Jeri Penrose can be reached at [jeri.penrose@azdoa.gov](mailto:jeri.penrose@azdoa.gov).*

## Mammography Screening

Mobile On-Site Mammography is an accredited mobile facility that offers mammograms at the worksites across the State.



### Upcoming Locations:

**Phoenix-** Thursday, August 18, 2005 8:00am-4:00pm Dept. of Economic Security 4635 S. Central Conference Room

**Winslow-** Tuesday, August 23, 2005 8:00am-11:30am Dept. of Economic Security 319 E. 3rd St. Conference Room

**Winslow-** Tuesday, August 23, 2005 1:00pm-5:00pm Arizona State Prison Complex Winslow

Call Mobile On-Site Mammography at 480.967.3767 or toll free at 1.800.285.0272 to make an appointment or if your office is interested in having the mammography van at your worksite.

## You Can't See It

You can't see one of the greatest threats to your eyes. It's invisible. Long-term exposure to ultraviolet radiation from the sun can damage your eyes and lead to vision loss. Everyone -- including children -- is at risk. Protect your eyes all year long with sunglasses that block UV rays and a wide-brimmed hat, advises the American Academy of Ophthalmology.



## Tips for Exercising Smarter in the Heat

Exercise in the early morning or late evening.

Wear light-colored, loose, absorbent clothing (avoid Spandex or even cotton, which can stay wet).

Don't engage in strenuous workouts, even in a heated pool (you can get overheated and dehydrated in water).

Carry a frozen water bottle in the back of your shorts or in a backpack.

Seek shaded pathways.

Wear a sunscreen with a minimum SPF 15.

Exercise moderately—60 to 70 percent of maximum heart rate. Take breaks. Walk.

Increase fluid intake, regardless of activity level. Don't wait until thirsty to drink fluids.

When possible, hit the gym or exercise inside your home or workplace.

Talk to your doctor if you have a chronic medical condition or take medications.